

food and kitchen safety

If you are receiving chemotherapy, you may be at an increased risk for developing an infection.

PREPARING YOUR MEALS

During treatment, you may experience a decreased appetite. However, good nutrition can help give your body the strength it needs to repair itself. It is also important to drink plenty of fluids throughout the day to stay hydrated.

Because your cancer and chemotherapy may make it harder for your body to fight off infections, it is good practice to follow proper food preparation and handling techniques.

Most people follow these anyway, but they are really important at this time.

There are a number of things that can be done in the kitchen to lower your chances of getting sick from the food that you eat:

- Wash your hands with soap and water before handling food
- Clean your countertops with a disinfectant, such as Lysol®
- Rinse fruits and vegetables well to remove any germs
- Prepare raw meat and vegetables on different cutting surfaces
- Thaw meat in the microwave or refrigerator
- Clean any surfaces that you use to prepare meat thoroughly
- Cook meat and eggs all the way through to kill any germs
- Refrigerate leftovers promptly to prevent germs from growing
- Eat refrigerated leftovers within 24 hours of preparation

FOODS TO AVOID

Just as there are things you need to keep in mind when preparing your food, there are things that you need to be aware of when choosing the types of food you plan to eat. Remember that your cancer, or the medicine that you are taking to treat your cancer, may increase your risk for infection.

To protect yourself, avoid the following:

- Undercooked or raw meat
- Raw or semi-cooked eggs
- Raw or unpasteurized products
- Unwashed fruits or vegetables



If you have any questions please contact or
make an appointment with our dietitian at

505-727-3040.

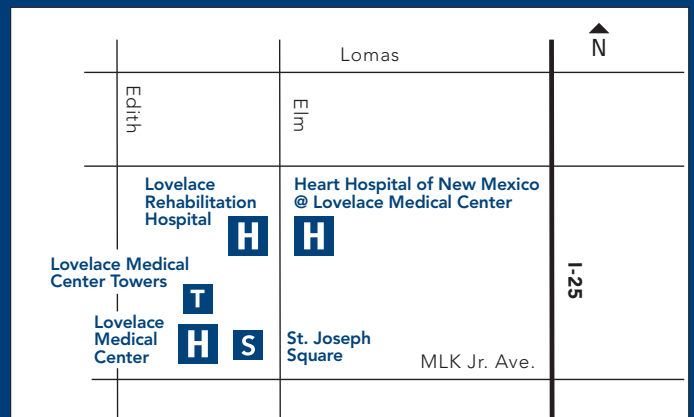




About Us

With over 37 years of experience, Hematology Oncology Associates is committed to providing the best cancer care possible for their patients. Hematology Oncology Associates is a Quality Oncology Practice Initiatives (QOPI) certified site that demonstrates rigorous standards for quality cancer care and safety measures established by the American Society of Clinical Oncology (ASCO) and the Oncology Nursing Society (ONS).

We gladly accept most major insurance plans, including Blue Cross and Blue Shield, Molina Healthcare, TRICARE, UnitedHealthcare Community Plan, United Retiree Health Care Authority, Medicaid, Medicare, and many others.



CONTACT US

715 Dr. Martin Luther King Jr. Blvd, Suite 102 | Albuquerque, NM 87102
 505.727.3040 Phone | 505.727.3099 Fax

We are located in the St. Joseph Square building on Lovelace Medical Center's campus.